

## Historic, archived document

Do not assume content reflects current  
scientific knowledge, policies, or practices.



HOMEMAKERS' CHAT

Saturday, June 3, 1939

(For Broadcast Use Only)

SUBJECT: "STRAWBERRY ICE CREAM FOR SUNDAY." Information from the Bureau of Home Economics, U.S.D.A.

---0000---

Ice cream for Sunday dinner, especially in summer. That's a good old American custom. And there's plenty of cream this summer to supply every housewife who likes to make her own.

You don't need fancy equipment to make ice cream at home. Of course, it's nice to have a good freezer or an automatic refrigerator. But you can make delicious frozen desserts for your family without either of these. All you actually need in the way of equipment for freezing cream is a pail to hold the ice and salt, and a tin can with a tight cover to hold the cream mixture you pack in the ice and salt. That's all you need--that simple equipment, and the right recipe for the cream mixture.

You see, the mixture must suit the freezing method for best results. If you have a regular freezer with a crank and a dasher to stir the cream as it freezes, then you can use a light mixture. But if you freeze in the refrigerator or in a pail of ice and salt, where the cream gets no stirring, then you need a heavier mixture. You need a mixture that has had air whipped into it before you put in to freeze.

So while a recipe for freezer ice cream calls for light cream or coffee cream, a recipe for the refrigerator or for packing in ice and salt calls for heavy or whipping cream, and egg white beaten stiff, and often gelatin beside. It may also call for a thickening like flour or cornstarch. Then before that heavier mixture goes in to freeze, you whip the cream and the egg white. The air bubbles will



help keep the mixture smooth as it freezes.

Suppose I show you the difference with strawberry ice cream as an example. Suppose you want to make some strawberry ice cream for dinner tomorrow. If you have a freezer that will keep the mixture stirring, here's the recipe to use: 2 cups of light cream, or "coffee cream," as some people call it; a cup and a half of sugar; a quart of prepared berries; a tablespoon of lemon juice; and a tiny speck of salt to bring out flavor. That makes a fairly thin mixture.

On the other hand, suppose you want to make strawberry ice cream but have no freezer. Suppose you want to freeze it in the tray of your refrigerator, or just pack it in a can surrounded with ice and salt. Here's the recipe you use for this non-stirring ice cream. A cup of heavy cream or whipping cream; a cup of crushed berries; a half cup of sugar; 2 egg whites beaten stiff; and a tiny bit of salt to bring out flavor.

See the difference? You use light cream with the mixture that goes into a freezer. You use heavy whipped cream and beaten egg whites for the second mixture that you freeze without stirring.

The way you put the mixture together differs somewhat, too. For the freezer cream, you just put the sweetened fruit through a colander, add the cream, lemon juice and salt, and freeze. But for the non-stirring cream, you first whip the cream and beat the egg with a bit of salt. Then you combine the sugar and crushed fruit and stir until the sugar dissolves. Now you fold the sweetened fruit into the whipped cream and then fold in the beaten whites. Then pour the mixture into the refrigerator tray or into a tight can for freezing.

When you pack cream in ice and salt, you have to be very careful not to get brine into your cream as it freezes. It's a good idea to seal your can of cream so no salt can get in. (A strong taste of brine can spoil the flavor of the finest strawberry ice cream in the world, you know.) The first requirements for sealing



6/3/39

is a tight cover that fits down over the can. Beside this you need a waterproof seal. You make it by dipping a strip of clean muslin, maybe a couple of inches wide, into hot paraffin, and then pasting the strip along the edge of the cover. The ice hardens the paraffin immediately. When you want to open the cream, just pull off the strip of waxed cloth.

Now about the ice and salt mixture. For both "freezer freezing" and "non-stirring freezing", good proportions are 1 part salt to 4 to 6 parts of ice. The more salt you use, the faster the ice melts, and the faster the freezing proceeds. Crush the ice rather fine and use coarse salt. Allow about 3 hours for hardening cream packed in ice and salt.

If you freeze in the refrigerator, you don't have to worry about ice and salt. But you have other points to remember. One is to chill all the utensils before using them by keeping them half an hour or so in the coldest part of the box. Another is to set the regulator for as low a temperature as possible to hasten the freezing. A third is to remember that the freezing time depends partly on the amount of frost on the freezing cabinet. When you pack the cream mixture in the freezing tray, cover it with waxed paper to prevent it from absorbing other flavors.

One last point about strawberry ice cream or any other fruit ice cream. Be sure to crush or cut up the fruit and mix with sugar before you add it to the cream. Otherwise it will freeze harder than the ice cream.

There you have brief directions for making strawberry ice cream for Sunday whether you do it in a freezer, or a refrigerator, or in a pail of ice and salt.

\* \* \* \* \*



